



HR0128

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HOUSE RESOLUTION

2           WHEREAS, Risk factors for cardiovascular disease including  
3 high cholesterol and high blood pressure increase for obese  
4 youth; and

5           WHEREAS, Children and adolescents who are obese are more  
6 likely to be obese as adults and therefore more likely to  
7 suffer from cardiovascular disease and certain types of cancer;  
8 and

9           WHEREAS, Children and adolescents who participate in  
10 physical activity and healthy lifestyle habits can lower their  
11 risk for cardiovascular diseases and certain types of cancer;  
12 and

13           WHEREAS, Schools play an important role in helping children  
14 and adolescents to develop and maintain healthy lifestyle  
15 habits through recess opportunities and physical education  
16 classes; and

17           WHEREAS, Research indicates that physical activity can  
18 improve concentration, classroom behavior, and memory; and

19           WHEREAS, First Lady of the United States Michelle Obama has  
20 committed to lowering childhood obesity and increasing

1 physical activity for children and adolescents through her  
2 Healthier US Schools Challenge (HUSSC); and

3 WHEREAS, First Lady Michelle Obama's HUSSC program  
4 recommends a Gold standard of at least 90 minutes of physical  
5 activity per week for middle school age children; and

6 WHEREAS, Chicago School District 299 educates more than  
7 400,000 students per year; and

8 WHEREAS, District 299 has indicated its mission to empower  
9 all students to engage in regular lifelong physical activity as  
10 a foundation for academic achievement, leading to a healthy and  
11 successful life; and

12 WHEREAS, District 299 has demonstrated its commitment to  
13 increasing physical activity and healthy lifestyle habits in  
14 children and adolescents by constructing a 3-year plan to  
15 increase the quality and quantity of physical education, with  
16 input from teachers, principals, students, parents, higher  
17 education, and external partners; and

18 WHEREAS, District 299 plans to increase the quality of  
19 physical education by implementing health-optimizing physical  
20 education; and

1           WHEREAS, District 299 has further committed to increase the  
2 quantity of physical education by doubling the amount of  
3 physical education elementary students receive, from an  
4 average of 50 minutes per week to 90 minutes per week, and  
5 requiring daily physical education for all 4 years of high  
6 school, starting in the 2014-2015 school year; therefore, be it

7           RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE  
8 NINETY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
9 we congratulate the staff, faculty, and administration of  
10 Chicago School District 299 on its efforts and support its  
11 mission to increase the quantity and quality of physical  
12 education for the students of Chicago Public Schools; and be it  
13 further

14           RESOLVED, That a suitable copy of this resolution be  
15 presented to Chicago School District 299 as a symbol of our  
16 esteem and respect.